



Live Life Ambassador

Feeling Great, Kicking Straight

Coaches and volunteers in football are in a unique position where they have regular contact with youth and are often role models for their players. As a result they are in a position to impact on a young person and look out for them if they are going through a tough period.

The two hour Live Life Ambassador session gives coaches and volunteers the ability to recognize if someone is showing signs of mental health issues and know how to approach the person along with where to direct them for help.

Session Outline

- What is mental illness?
- What is anxiety and depression?
- Identifying the Signs and symptoms of anxiety and depression in young people
- How to get help –professional supports.

Seminar Details

Cost: FREE

Length: 2 hours

What you get: A seminar workbook

Date	Venue	Details	
4 th May	Medibank Stadium, Leederville	6pm – 8pm	Register
25 th May	HBF Arena, Joondalup	6pm – 8pm	Register
15 th June	Anniversary Park, Rockingham	6pm – 8pm	Register